Athletic Training: More than Taping Ankles

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Outline

• Athletic Training Organizations
• Strategic Alliance Announcement (2015)
• Sports Medicine Ideas
• Breakout Sessions
Athletic Training Organizations

Board of Certification (BOC)  National Athletic Trainers’ Association (NATA)

Commission on Athletic Training Education (CAATE)  Research & Education Foundation (REF)

Certified Athletic Trainer
Strategic Alliance Announcement

• **Degree Change FAQs**

• **2022** – Last year for undergraduate programs to accept students
  
  • A teach-out schedule is allowed
Terminology Matters!

Terminology Matters!
Eliminate confusion with AT’s role in health care

**Athletic Trainer**
"Athletic trainer" or "AT" are preferred
NEVER use "trainer" or "certified trainer"

**Athletic Training Students**
In high school: "athletic training student aides"
In college: "athletic training students"
NEVER use student trainers
The new acronym is "ATP." We no longer use "ATEP."

**Athletic Training Facility**
Preferred term is "athletic training facility"
Do NOT use "training room"

Listing My Credentials

Consistency in how Athletic Trainers identify themselves alleviates confusion and lends credibility to the profession. List academic degrees first, licenses second and credentials last. Here, credentials include BOC certification. For instance, a BOC Certified Athletic Trainer holding a master’s degree and working in a state where licensure is not required should write, “Sally Snow, MS, ATC” – not “ATC, MS.” The same BOC Certified Athletic Trainer working in a state with licensure would correctly write, “Sally Snow, MS, LAT, ATC.” See the illustration for an example.
Recommendations

• YES …
  • Athletic Trainer / AT
  • ATC (for credential, not to describe a person)
  • Separate the credential from the license or registration
    • LAT, ATC
  • Athletic Training Facility or Clinic

• NO…
  • Trainer / Certified Trainer
  • ATC/L, ATC/R, LATC
  • Training Room

www.nata.org/nata-quick-facts
www.nata.org/about/athletic-training/terminology
Recommendations

• **YES …**
  - Injured athletes as patients
  - High School Students as "athletic training student aides"
  - CAATE Program Students as "athletic training students"
  - CAATE-Accredited Programs
    - AT Program
    - ATP

• **NO…**
  - Never “Student Trainers”
  - Never “Student Trainers”
  - CAATE-Accredited Programs
    - ATEP

[www.nata.org/nata-quick-facts](http://www.nata.org/nata-quick-facts)
[www.nata.org/about/athletic-training/terminology](http://www.nata.org/about/athletic-training/terminology)
Sports Medicine Team-Bonding Ideas

- Zip-Lining
- Seniors’ Choice
- Putt Putt Golf
- AT Skills Camp
- Scavenger Hunt with Cameras
- Beginning or End-of-Year Pool Party
- Ropes Course
Mnemonics

• Cranial Nerves
• Tarsals / Carpals
• Reflexes
• SITS
• 3Bs
• 3-4-5 Keeps ‘em Alive

• Brachial Plexus
• Pes Anserine
• T, D, an H
• “SALTER” Fracture
• ???
• ???
Mnemonics

• "SALTER" Fracture

Salter-Harris Classification

- Only used for pediatric fractures that involve the growth plate (physis)
Education Tools…

• Quizlet
• EdPuzzle
• Puzzlemaker.com
• Educreation
• Near Pod
• Newsela
• FlipGrid
Nutrition

- Students create a community map of places to buy food on the route to & from school.
  - Discuss food options / healthy choices / alternatives
  - Log a 3-day diet, evaluate (myfitnesspal.com), write a reflection
  - Create an Informative Poster (left)
    - Make a 30-day plan to gain or lose weight for an athlete in a specific sport (endurance, aesthetic, strength…)
    - Take a picture of food labels from each food group; compare with other students; Create the best and worst meals from the food labels and explain the rationale
Pharmacology

Epocrates App

Have students create a “new” pharmaceutical
Name
Purpose / Indications
Side-Effects
Dose / Strength
Pharmacology

Students make a commercial for a particular drug category
Neurology – Brachial Plexus

Nerve roots of main nerves

THREE musketeers assassinate 5 rats, 5 mice, 2 unicorns


Drawing the Brachial Plexus
Neurology – Brachial Plexus

three MUSKETEERS

C7  C6  C5

musculocutaneous

ASSASSINATED

C5  C6

axillary
Neurology – Brachial Plexus

five MICE, five RATS

and two UNICORNS
Neurology

- Laminate
- White-Out & use as worksheet

Neurology – Cranial Nerves

- Styrofoam Ball
- Pipe Cleaners
- Markers
Make a Playlist

Putting together an ATR playlist. We want songs that the title relates to AT. Some that we have are (ice ice baby, Physical, Doctor Doctor) .......
Tomato Steri-Strips

Practice makes Perfect…
Easter Egg Rehab

• Each egg has an exercise, fun activity and a piece of candy!
Food Art –

- Edible Spine
  - Wash hands with soap & water
  - What you need
    - 7 minion marshmallows (cervical vertebrae)
    - 12 white marshmallows (thoracic vertebrae)
    - 5 pink marshmallows (lumbar vertebrae)
    - 1 rope candy (spinal cord)
    - 25 gummy lifesavers (intervertebral discs)
    - 1 large piece of butcher paper (work space)
    - 1 drinking straw
Food Art –

• Edible Spine (continued)
  • Begin by pushing a hole through the center of each marshmallow to create the spinal canal
  • Tie a knot at one end of the spinal cord
  • Thread the discs and vertebrae appropriately on the spine. Begin with the sacrum (1 gummy lifesaver) and work your way up to the cervical vertebrae.
    • Disc / Lumbar / Disc / Lumbar…
    • Disc / Thoracic / Disc / Thoracic…
    • Disc / Cervical / Disc / Cervical…
  • Once you have completed the spinal column, tie a knot in the top of the spine.
  • Write your name on the butcher paper
  • Place completed spinal column (with appropriate curvature) on your paper with your name showing
Food Art –

- Edible Knee Model
  - Rice Krispy Treats (Bones)
  - Frosting (Hyaline Cartilage)
  - Gummy Worms (Ligaments)
  - Nilla Wafer (Patella)
  - Gummy Rings (Menisci)
Food Art –

Cookie Cutters available online…
Clay Art – Colored Playdough

Materials
- 1 cup water
- 1 tablespoon vegetable oil
- 1/2 cup salt
- 1 tablespoon cream of tartar
- Food coloring
- Saucepan
- 1 cup flour

Directions
- Combine water, oil, salt, cream of tartar, and food coloring in a saucepan and heat until warm.
- Remove from heat and add flour.
- Stir, then knead until smooth. The cream of tartar makes this dough last 6 months or longer, so resist the temptation to omit this ingredient if you don't have it on hand.
- Store this dough in an airtight container or a Ziploc freezer bag.
## Clay Art – Salt Playdough

### Materials
- 1 cup salt
- 1 cup water
- 1/2 cup flour plus additional flour
- Saucepan

### Directions
- Mix salt, water, and flour in saucepan and cook over medium heat.
- Remove from heat when mixture is thick and rubbery.
- As the mixture cools, knead in enough flour to make the dough workable.
Discussion Topics –

• Concussion Cases
• Heat Illness
• HIPAA / FERPA
• Spinal Cord Injuries
• Skin Cancer

To my coach who re-entered his lacrosse player after he was told that the athlete had a concussion: enjoy your suspension. Good luck with that coaching career now.

Medical Clinic & HIPAA

HIPAA & Athletics

C-Spine Injuries & Lawsuits

CDC - Heat-Related Illness

Korey Stringer Institute - Personal Stories of Heat-Related Catastrophes
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Career Research

• Research Career Settings
  • Requirements to succeed

• Play board games

• Create own board game related to career setting
  • Clue, Chutes & Ladders, Life, Risk, Candy Land
Career Research

My athletic medicine II kids had to do a final project for their final. One group made games—Jeopardy, monopoly, and (my fav) CLUE!

The athletic training room is in the middle, with other sports venues as the “rooms.” The characters are the same as the original game, and the “weapons” are injuries! So Professor Plum got a skull fracture at the pool.

This is the best thing ever.
Breakout Sessions

• Easter Egg Rehab
• Playlists
• Mnemonics
• Brachial Plexus
• Puzzlemaker.com
• Medical Bingo
• Discussion Topics